



BEHAVIORAL HEALTH SUPPORT DURING COVID-19 NATIONAL AND LOCAL RESOURCES

Increasing stress and anxiety related to the Coronavirus (COVID-19) outbreak is prompting concerns about emotional wellbeing, including substance use, trauma and suicide. It remains important to emphasize overall health, work to reduce stress and anxiety, get information from reliable sources, communicate with loved ones, stay connected with support systems, and seek additional help from behavioral health professionals. A selection of local and web-based resources and hotlines are shown below.

Crisis Lines and Hotlines:

- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255) Free, confidential, 24/7 support for people in distress www.suicidepreventionlifeline.org
- **National Disaster Distress Helpline:** 1-800-985-5990 Crisis counseling and emotional support 24/7 for anyone experiencing distress or other mental health concerns during the COVID-19 outbreak.
- **Vaya Crisis Line:** 1-800-849-6127. This line can also be used for help in locating local services from care providers like Family Preservation Services and RHA.
- **National Domestic Violence Hotline:** 1-800-799-7233 and TTY 1-800-787-3224 www.thehotline.org
- **NC 2-1-1** (simply dial 2-1-1) is the official resource hotline for mental health or other needs www.nc211.org
- **Trans Lifeline** 1-877-565-8860
- **The Trevor Project:** 1-866-488-7386 The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
- **National Organization for People of Color Against Suicide:** 1-800-273-TALK (8255)

Local Resources for Crisis Services

- **RHA Mobile Crisis Management** Crisis Line: 888-573-1006. Available 24/7 No Fee.
- **Family Preservation Services** 828-697-4187. The Walk-In Clinic continues to operate as usual (at 120 Chadwick Square Court) for intake assessments and referral to services. They are still taking referrals for all service lines. Also offering WebEx groups for coping.
- **Blue Ridge Health Services** 828-692-4289 ext. 2229. Telehealth services are available via video and/or telephonically for adults and children. Crisis walk-in services remain available. They offer a “Counseling for the Healthcare Workforce” initiative: access through calling their office or submitting a request for services through the website.
- **Pardee PATHS:** Adult Psychiatric and Detox Unit 828-696-4250
- **AdventHealth HOPE Units:** Adult Women’s Unit for dual diagnosis (mental health and substance use) 828-681-2282 (note: their Geriatric Psychiatry unit is temporarily closed due to renovations).
- **Neil Dobbins, Detox Center, Asheville:** 828-253-6306
- **ADATC, State Substance Use Treatment, Black Mountain:** 828-257-6265
- **Caiyalynn Burrell Center** Child Crisis Center: 877-277-8873. Accepting referrals (Medicaid only)
- **C3356: RHA’s Behavioral Health Crisis Center and Peer Living Room**
Located at 356 Biltmore Ave., Asheville
 - **Behavioral Health Crisis Center (formerly BHUC):** 828-254-2700. Open from 8:00am to 8:00pm M-F
 - **Peer Living Room:** Access the Living Room by going to the C3356 Lower Level Entrance from 9 AM-12 PM & 1 PM-5 PM to talk to someone and receive support. No appointment needed.

Psychiatry/ Pharmacy/ Narcan through The Free Clinics, Hendersonville

828-697-8422 www.thefreeclinics.org

Eligibility guidelines: <https://www.thefreeclinics.org/eligibility/>

All visitors to The Free Clinics (841 Case St, Hendersonville) are currently subject to screening with health questions and temperature check prior to building access.

- **Psychiatric Clinic:** Both walk-in and by appointment. Patients will be able to visit TFC’s office and speak with a provider via telehealth. Currently 1st Tuesday evening of each month starting at 5pm (soon to add an additional clinic days).
- **Pharmacy:** Still open and dispensing, formulary available at www.thefreeclinics.org/community-pharmacy/ Locked box available in lobby for prescription drop-offs.
- **Bridges to Health:** All group visits switched to telehealth format.
- **Naloxone/Narcan:** Info at www.thefreeclinics.org/naloxone/ or call 828-697-8422.
- **NEW!: PORT Program (Post Overdose Response Team).** Certified Peer Specialists, Virginia Frechette 828-845-0441 or Lexie Wilkins 828-845-0541

Sunrise Community for Recovery and Wellness, Asheville

Office Line, Mon-Fri 9-5 828-552-3858 call and/or text

- **Recovery Meetings** will be offered via Zoom video conference call. Please check their Facebook page <https://www.facebook.com/Sunriseinashville/>, email newsletter & website <https://sunriseinashville.org/2020/03/16/changes-in-recovery-community-center-and-blair-h-clark-respite-center-hours-and-availability-in-response-to-covid-19-and-information-on-ways-to-connect/>.
- **Peer Support Warm line** will continue to be staffed 24/7. Calls and texts can be made to 828-280-2554.
- **Respite:** Call or text 828-280-2554 with any questions or to begin the process to be on a waitlist to stay.
- **Harm Reduction:** Tanasia Boyd, Community Opioid Outreach Peer 828-747-9483 and/or Peer Harm Reduction Specialist, Kay at 828-475-9952 both numbers can receive calls and/or texts M-F 9-5

Hope4NC

North Carolina Health and Human Services has launched two helplines to support behavioral health. These will be available every day, all day to support both the public as well for healthcare, emergency and first responders.

- **The Hope4NC Helpline** - Call 1-855-587-3463 to speak with a live person 24 hours per day, seven days a week to speak to a live person. This service was set up during our state's hurricane recovery efforts and met the needs of 4,400 people in the most impacted counties. Now it is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. This service was developed in partnership with all of the state's regional mental health provider networks. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.
- **[The Hope4Healers Helpline](#)** - Call 919-226-2002 24 hours per day, seven days a week. Calls will be contacted quickly by a licensed mental health professional for follow-up. This is a new partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings, and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. *This has been expanded to include Teachers*

Care for Healthcare Workers

- **Blue Ridge Health** "Counseling for the Healthcare Workforce" (see above)
- **[The Hope4Healers Helpline](#)** - Call 919-226-2002 24 hours per day, seven days a week (see more detail above)

- **Care for Corona** is a grassroots support system of Western North Carolina therapists and healers offering free short-term virtual counseling and healing sessions for health care workers impacted by COVID-19. You can find a list of providers and access their services [here](#).

Virtual Recovery Meetings

Local:

- Sunrise Community for Recovery and Wellness: <https://www.facebook.com/Sunriseinasheville/>
- Elevation Asheville: <https://www.facebook.com/groups/elevationasheville/>
- Resources for Resilience: <https://resourcesforresilience.com/> (click on “Email sign-up”) on top right to receive their weekly schedule).
- Eleanor Health: <https://www.eleanorhealth.com/>

National:

- Refuge Recovery (Buddhist). Online meetings can be accessed [here](#)
- Unity Recovery: unityrecovery.zoom.us/my/all_recovery
7 days a week, meetings at 9 AM, 12 PM, 3 PM, 9 PM
- Recovery Dharma: <https://recoverydharma.org/online-meetings>
- SmartRecovery: abstinence-based alternative to 12-Step program: www.smartrecovery.org
- In the Rooms: www.intherooms.com
- Alcoholics Anonymous https://www.aa.org/pages/en_US/options-for-meeting-online
- Narcotics Anonymous: <https://virtual-na.org/meetings/>

Syringe Services:

- **Western North Carolina AIDS Project-(WNCAP)** offers free and confidential syringe services, including HIV/HCV testing and referral to care, and patient navigation services to integrated primary and behavioral healthcare. Get in touch at info@wncap.org or call (828) 301-2185.
- **Buncombe County Health and Human Services Syringe Services Program** fixed site location open Mon-Fri, 12-4 by appointment only. Can schedule day of. Call Peer Support Tanasia Boyd at (828) 747-9483. Sunrise staff is doing Naloxone and hygiene supply bagged distribution Tuesdays 10 AM-12 PM outside of AHope and Fridays 11-1 outside of Kairos West.
- **Steady Collective's** fixed site locations closed. Steady is mobile: Every Tuesday- Parked in Front of Firestorm Books 1:30-4pm. Every Wednesday- Parked at Haywood Street Congregation 10:30-12pm
- **NC Harm Reduction Coalition.** <https://www.ncdhhs.gov/divisions/public-health/north-carolina-safer-syringe-initiative/syringe-services-program-north>

Additional Online Resources:

- **Substance Abuse and Mental Health Services Administration:** Tip sheet for supporting behavioral health during social distancing, quarantine or isolation from an infectious disease outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Suicide Prevention Resource Center:** Selection of resources on mental health and coping: <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>
- **World Health Organization:** International tip/resource guide for mental health and psychosocial considerations during COVID-19: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- **Vaya Health:** COVID-19 Resource page for local (WNC) managed care organization for mental health, substance use disorder and intellectual/developmental disabilities: <https://www.vayahealth.com/coronavirus-updates/>
- **Calm.com:** Free mindfulness resources to reduce anxiety: <https://www.calm.com/blog/take-a-deep-breath>
- **Centers for Disease Control and Prevention:** Recommendations and resources for managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **National Alliance on Mental Illness (NAMI):** Resource guide for wide-ranging mental health considerations <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- **National Child Traumatic Stress Network:** Parent/caregiver guide to help families cope with Coronavirus: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- **NC Department of Health & Human Services:** Recommendations and resources for managing your overall health, including mental health: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/managing-health>

Some Content Courtesy of Haywood and Buncombe Counties
 Updated 8/25/20 Henderson County Public Health Department
 Please advise of edits/updates to Jodi Grabowski:
 JGrabowski@hendersoncountync.gov